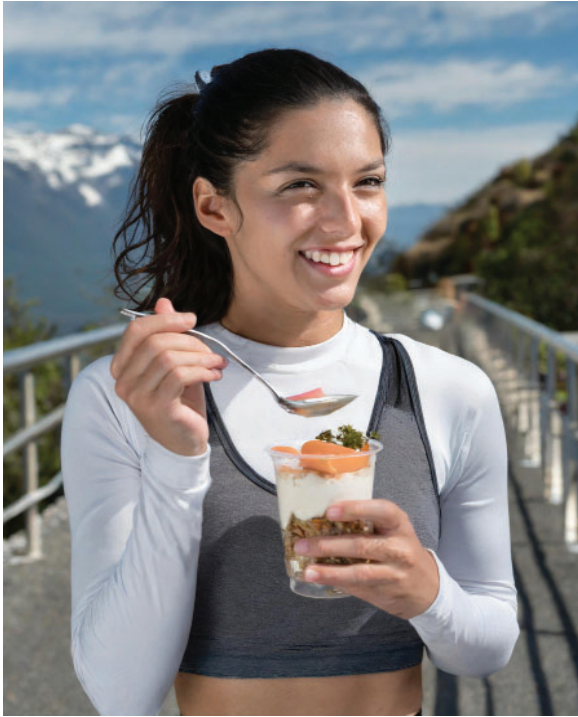


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Sweetpotatoes & Fiber

1. The DRIs for fiber, 25 grams per day and 38 grams per day for women and men respectively, are set based on the available data examining the relationship between dietary fiber and cardiovascular disease. The average person in the United States gets less than half the dietary fiber they need each day for good health.
2. Dietary fiber can help prevent and relieve constipation and normalize bowel movements. Fiber increases the bulk and size of stool while also softening it so it is easier to pass. And though it may seem counterintuitive that loose, watery stools can benefit from fiber, certain types of fiber can actually help solidify them.
3. Higher fiber diets decrease risk of hemorrhoids and diverticular disease. A higher fiber diet may also lower risk of colorectal cancer.
4. Fiber can slow the absorption of sugar into the bloodstream blunting the rise in blood sugar after eating. Diets high in insoluble cereal fiber and whole grains are associated with a significant decrease in risk of developing type 2 diabetes.
5. Fiber can help reduce serum total and LDL cholesterol levels and therefore may help prevent cardiovascular disease. Newer emerging research also suggests fiber may reduce inflammatory markers for heart disease and lower blood pressure.
6. Gut bacteria feed on dietary fiber. This leads to the formation of important byproducts including short chain fatty acids (SCFA). SCFAs have beneficial effects on cardiovascular and gut health as well as the intestinal mucus barrier. In addition, getting an adequate amount of fiber each day promotes gut health. A healthy gut is vital for nutrient absorption, overall well-being and immune health and therefore support athletic performance.
7. A high-fiber diet can aid weight loss, weight maintenance and adherence to a weight loss diet. High-fiber foods add bulk with few calories and can also increase feelings of fullness. Plus, different types of fiber impact gastric emptying and the absorption of dietary fat from the gut. In clinical trials, increasing dietary fiber is associated with weight loss. Population based studies show those on a high fiber diet tend to eat fewer calories and weigh less. ,
8. FODMAPs are a category of fiber rich foods that are harder to digest. FODMAPs stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. Sweetpotatoes contain a small amount of the FODMAP fructose. According to Monash University, an authority on



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the low FODMAP diet, 1/2 cup of sweetpotatoes is considered a low FODMAP food.

9. When an individual is increasing their dietary fiber intake, it is important to do this gradually and with a concomitant increase in fluid. Adding fiber slowly helps avoid gas, bloating and cramping. Increased fiber intake without adequate fluid could result in constipation. ,
10. Fiber supports immune system homeostasis and has a direct effect on intestinal barrier function. The immune system helps keep you healthy, heals wounds and cleans up muscle damage to set the foundation for building new muscle tissue.
11. Total fiber intake is associated with lower risk of death from cardiovascular disease, cancer and all causes.



Spiced Sweetpotato Overnight Oat Parfait

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